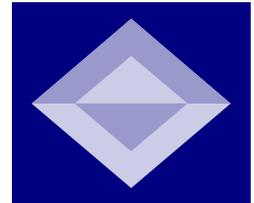


A communication periodical for our clients, staff & the community at large

The Chronicle

A Paterson Counseling Center Newsletter



Special points of interest:

- Suggestion boxes are available throughout the clinic for ideas on how to make the center better.
- We just completed our review process for CARF accreditation. Results expected in 6 weeks.
- Our needle exchange program approaches 100 participants
- Our annual client survey is approaching soon.

The Mission

This Newsletter is designed to help enhance the level of communication between our staff, clients, community and all other stakeholders.

Our Mission Statement is as follows: "To provide excellent comprehensive medical services and opioids addiction treatment, to create a seamless integrated system of care for individuals." here at Paterson Counseling Center is to provide

We have a variety of services including but not limited to the following: OB/GYN care; Well Baby care; HIV services; Case Management; Primary Care; Mental Health therapy; Intensive Outpatient Therapy for women; various group meetings and referral services.



PCC has been a member of this community for over 20 years and we are proud to be able to give those in need the opportunity to change their lives, however, we need your help to help continue on our mission.

We have provided suggestion boxes throughout the building (white box is located by the billing office) and the black box is located near the waiting area. Please provide us with your comments on how we can make the center better.

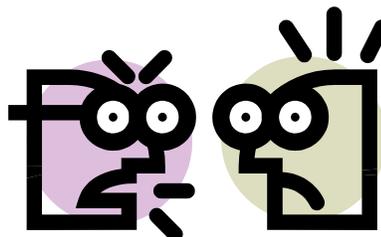
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How To Manage Anger

Losing your temper not only alienates others, it can contribute to health problems, including headaches, upset stomach and heart attacks. Here are some tips to manage your anger..

Count to 10 when someone angers you, give your body



Confidentiality

Please be aware that the Paterson Counseling Center is a confidential agency.

Therefore, we ask that clients refrain from bringing non-clients into the facility, i.e., spouses, siblings, parents, employers etc.

If you need to have someone speak to your employer regarding your treatment, please make arrangements with your employer in advance.



The staff at PCC holds the confidentiality of each client in the utmost of importance, but we need your help to protect your rights to confidentiality.

Please respect the privacy and right of you and others when entering and exiting the facility.

No Food & No Drinks Allowed



Many of you ask why don't we allow food or drink in the group sessions?

Well, because everyday the floor and table in the group room would be sticky and full of garbage and no one would want to take the responsibility to clean it up.

Postings

Be sure to read the postings when in the clinic so that



you are aware of any closings, changes, or other activity taking place. All postings are displayed 30 days in advance when possible.

All clients are expected to take the time to observe and abide by posted rules and processes.

Anger Management cont'd

time to defuse before you react. Take three or four deep breaths. Ask yourself, "Will this really matter a week or month from now?"

Walk it off—go for a short stroll until you calm down. Find a quiet place where you can think things through calmly and take a second look at how you're reacting to a given situation.

Second Hand Smoke Is Dangerous

Secondhand smoke comes from both the smoke that smokers exhale (called mainstream smoke) and the smoke floating from the end of the cigarette, cigar, or pipe (called sidestream smoke).

It may seem pretty harmless, but secondhand smoke actually contains thousands of chemicals —



from arsenic ammonia to hydrogen cyanide — many of which have

been proven to be toxic or to cause cancer (called carcinogens).

High concentrations of many of these chemicals are found in secondhand smoke. In fact, secondhand smoke significantly increases a person's risk for: respiratory infections (like bronchitis and pneumonia) asthma (secondhand smoke is a risk factor for the development of asthma and can trigger attacks in those who already have it) coughing, sore throats, sniffing, and sneez-

ing.

So secondhand smoke doesn't just impact a person in the future. It can cause problems right now, like affecting someone's sports performance or ability to be physically active.

Whether you smoke or you're regularly around someone who does, it's never healthy to breathe in tobacco smoke. Even occasional or short-term exposure can take a toll on the body.

If you smoke, try to quit. Quitting isn't easy because smoking is highly addictive. But plenty of programs and people can help you make the brave effort to becoming smoke free.

And just consider the benefits: You'll look, feel, and smell better, not to mention you'll have more money saved to go out and show off the newer, healthier you!

Source: KidsHealth.com

CARF Visits PCC

Well our CARF surveyors have left the building and after a comprehensive review of our facility we are hoping that the final review will be favorable. We expect the final assessment to be in within the next 6 weeks.

We want to thank our staff and our clients for participating in the process. These kinds of reviews are all about making our facility better and we are proud of the fact that our staff and clients were up to the task at hand. Thank You!

Source: TopHealth Newsletter